Good News For Homemakers

Shirley W. Walton
Extension Agent

CHRISTMAS MESSAGE

Homemakers, it's been a real joy and pleasure to share this news column with you in the Times-Virginian for the last seven Christmases. We thank you for reading and sharing this column with us.

On behalf of our Extension Staff, I wish to extend to each of you our warmest good wishes for a joyous holiday season filled with peace, happiness and good health.

I wish to extend to the Times-Virginian our sincere appreciation for allowing us to chat with you each week through this column.

As we end the 1970's and begin a new decade, may we each follow the Ten Commandments for Christmas. As I was watching a Christmas special one night last week with my family, I heard one of the performers say that we should live each day as though it were Christmas Day. How nice it would be and what a wonderful place this world would be if we all had Christmas in our hearts each day.

My Christmas message to each of you is by an anonymous author and is one that we have used on the back cover of the "Christmas in Appomattox" booklet for the last seven years.

Ten Commandments For Christmas

I. Thou shall not leave "Christ" out of Christmas, making it Xmas. To most minds "X" stands not for Christ, but for the algebraic unknown.

II. Thou shall not value thy gifts by their cost, for many shall signify love that is more blessed and beautiful than silver and gold.

III. Thou shalt give thyself with thy gifts. Thy love, thy personality, and thy service shall increase the value of thy gifts an hundredfold and he that receiveth it shall treasure it forever.

IV. Thou shalt not let Santa Claus take the place of Christ, lest Christmas become a fairy tale rather than a sublime reality in the spiritual realm.

V. Thou shalt not burden thy servant. The shop girl, the mail carrier and the merchant should have thy consideration.

VI. Thou shalt not neglect the church. Its Christmas services are planned to help spiritualize the Christmas season for thee, the child and thy household.

VII. Thou shalt not neglect the needy. Let thy bountiful blessings be shared with the many who will go hungry and cold unless thou art generous at Christmas.

VIII. Thou shalt be as a little child. Christmas is the day of the Christ Child; not until thou hast become in spirit as a little child art thou ready to enter into the Kingdom of Heaven.

IX. Thou shalt prepare thy soul for Christmas. Verily most of us spend much time and money getting gifts ready but few seconds in preparing our souls.

X. Thou shalt give thy heart to Christ. Let thy Christmas list have Christ as the top and thy heart as the gift. In so doing thou are as the Wise Men of old and verily thou shalt find thyself born again on Christmas Day. If you have a homemaking question or problem, you may call us at 352-8244 or you may write us at P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to work with you and to hear from you.

A special thank you to each of you who has written or called us about items in our column. For those of you from out of town and out of state, we really appreciate getting your cards and letters, too.

Merry Christmas, Homemakers!

RECIPE OF THE WEEK
Betty's Cinnamon Bubble

(This is a perfect Christmas morning surprise for your family.)

10-12 maraschino cherries (quartered) (optional)
1 stick of butter
½ stick of butter
½ cup brown sugar
1 cup white sugar
1 teaspoon cinnamon
1 pkg. frozen Parkerhouse Dinner Rolls
½ cup pecans (optional)

Place ½ cup of nuts and cherries in bottom of an ungreased tube pan. Melt ½ stick of butter and ½ cup brown sugar and pour on top of cherries and nuts. Melt ½ stick of butter and add 1 cup of sugar and cinnamon. Roll frozen rolls in this mixture and place tightly around in pan. Let rise overnight. Bake at 350°F for 30-35 minutes. Run knife around edges and let sit in pan for five minutes before turning out onto plate for serving. Plate should be larger than pan to avoid butter mixture from spilling over. This is delicious reheated.

MAGNETIC SIGNS
FOR YOUR CAR OR TRUCK
THE TIMES-VIRGINIAN
507 COURT ST.
APPOMATTOX, VA.
PHONE 352-8215

Corn Virus Poses Problem

Blacksburg–Those corn producers who have trouble with johnsongrass can expect to have trouble with corn virus disease.

Robert L. Harrison, Virginia Tech Extension specialist in seeds, noted that it should not be necessary to suffer losses from the virus disease because there are corn hybrids on the market with excellent resistance.

He observed that in tests this year at Wingina, the most resistant hybrid corn yielded an average of 132 bushels to the acre while the most susceptible yielded 28 bushels to an acre–a difference of about $285.

The College of Agriculture and Life Sciences faculty member said that a virus resistant hybrid will offer more competition to the johnsongrass and help keep it under control.

Johnsongrass acts as an overwinter host for the virus. In the spring, aphids and leaf hoppers feed on the infected plant and carry the disease to the corn plant.

Insects carrying the disease can fly or be blown for several hundred yards but they usually do not move more than a few feet.

"If there is a small spot of johnsongrass in the field, most disease loss will be centered within 15 to 20 feet of the johnsongrass plant.

"If, however, the johnsongrass is scattered throughout the field, one can expect disease problems over the entire field. If infection occurs early, infected corn plants also become a source of infection for other corn plants," Harrison said.

The degree of damage is determined largely by the resistance of the hybrid as well as the time of infection. When infection occurs early in a susceptible plant, there will be a large yield reduction, Harrison concluded.

Further information can be obtained at a local Extension office.

Cutting Medical Care False Economy

By: Glen H. Mitchell
Extension Specialist, Consumer Education
Virginia Tech College of Home Economics

Inflation may be causing some Americans to practice false health economies.

People are doing less to protect their own health, largely due to the pressure of higher prices of medical care and inflation. They are cutting back in at least three major ways.

First, they are avoiding medical care except when necessary. A survey of family economic issues reported that 16 percent of the families interviewed are cutting back on dental work; 13 percent are reducing the number of annual physical check-ups and 11 percent are cutting down on visits to eye doctors.

Second, families are cutting down on the quality of meals. The report said that 19 percent of the families were doing this because of rising food prices.

Third, families are avoiding proper physical exercise. Despite the apparent fitness craze, only 36 percent of adult family members interviewed admit exercising regularly several times a week. A total of 51 percent said they like to "sit around and relax" during their leisure time.

People also said there was too much emphasis on medication, "miracle" drugs, and tranquilizers, and a majority felt that the cost of medicine had risen more than the cost of "most things." They felt the same about costs of doctors and hospitals.

Despite frequent cries of business and political leaders for reduced government regulations, the public itself appears to want even stronger ones when it comes to health and safety problems, according to the poll which was conducted by Yankelovich, Skelly and White for General Mills.

Of those interviewed, 72 percent said the government should warn people about potentially unsafe products. And, 58 percent endorsed the idea of national health insurance though few respondents indicated any clear notion of what would be involved in such a plan.

Seven out of 10 persons said the government should do more to provide health programs for the poor and elderly.

RUBBER STAMPS and Stamp Pads on sale at the Times-Virginian, Court Street. Phone 352-8215.

WEDDING INVITATION and all accessories on sale at the Times-Virginian Newspaper on Court Street, phone 352-8215.

We're wishing that you'll enjoy warmth and peace at your hearthside this Christmas. It's our way of saying thank you for a truly fine relationship.

Bear Bryant
Carey Carson
Ed Carter
Dave Covington
Fleming Drinkard
Virgil Fleshman
David Garrett
Marion Harwood
Sunny Harwood
Kent Hodge
Ned LeGrand
T. R. Martin
Ethelyn Megginson
Charlie Mitchell
Russell Moore
James Moore
Boyd Ranson
George Stevens
Tommy Terry
Carlton Womack

Andy Anderson

Appomattox Hdwe. Co., Inc.

The Appomattox 4-H Achievers

THE APPOMATTOX 4-H

On November 14th, the Appomattox 4-H Achievers had their meeting. The president, Jessica Stanley called the meeting to order. The recreation leaders lead us in some songs and games and we talked about club business. Some teen-leaders told us about opportunities in 4-H. Martha Haley made a cake and we ate if for refreshments. We all enjoyed ourselves.

JoAnn Jamerson
Reporter

H. H. Moore Trucking Co.

460 WEST
APPOMATTOX, VIRGINIA

SEASON'S GREETINGS

How like the serenity of a silent, snow-clad woodland, is the peace that comes to the heart that finds the true meaning of Christmas.

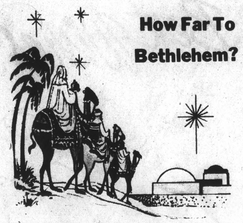
Farmers National Bank

MAIN STREET & TRIANGLE PLAZA SHOPPING CENTER — APPOMATTOX, VA.

YOUR HOME OWNED AND OPERATED BANK
APPOMATTOX, VA.
MEMBER FEDERAL DEPOSIT INSURANCE CORPORATION
MEMBER FEDERAL RESERVE SYSTEM

Then And Now

By Frances H. Paulette



Come, let us adore Him! He holds out the promise of peace and joy for all mankind!

[NOTE: This Christmas message ran in the Times-Virginian in the Christmas issue of 1976. It is being run again at the request of readers.]

It's beginning to look a lot like Christmas....there is a feeling of Christmas in the air.

As anticipation mounts, so does the tension; we have to get everything done. Every gift for everyone on our list must be bought. We must not, under any circumstances, disappoint anyone, after all, that wouldn't be in keeping with the spirit of Christmas.

Gifts are a pleasure at Christmas, a pleasure to give to those we love and a delight to receive. Are we forgetting something? The greatest gift of all....Jesus. God sent His son as a babe in a manger so long ago in Bethlehem, a gift to all who would receive Him.

Are we forgetting that to really find the meaning of Christmas we must go back to Bethlehem? Stop a minute, won't you, and let's think about just how far it is to Bethlehem.

For Mary, the Mother of Jesus, the road to Bethlehem must surely have seemed so very long and tiresome. She must have grown weary and perhaps she often strained her eyes looking to see the little town in the distance. We know the trip was hard for on that very night after arriving Mary gave birth to her child...our Saviour. The child that would draw all men unto Him. The child that would cause men to leave home and loved ones to travel far to tell the beautiful story of His birth.

How far is it to Bethlehem?

It's really not far to Bethlehem, but we let so many things keep us away. Something blocks our path and seems to say, "Stay a while; wait before you go."

Some of the people who went to worship on that first Christmas season had a long way to go but that didn't stop them.

When word came to the shepherds as they watched their flock, they rushed to worship the newborn babe.

Do we want to worship at Christmas or are we letting all kinds of things keep us from Bethlehem?

The longest, hardest hill we have to climb on the road to Bethlehem is that of indifference and selfishness. We want things for ourselves and those we love. The cause of Christ can wait until all the gifts are bought and paid for....then, if we have time.....

What are we celebrating anyway?

How far to Bethlehem?

Just as we let the road to Bethlehem get filled with things of the world, we let ambition and antagonism mount up in our hearts until we can't see the glory of the Christ Child.

Though sad, 'tis true we often let devotion for loved ones keep us from worship at Christmastime. We are so busy 'getting' for them that we forget that the best gift can be found by showing them the way to the Christ Child in Bethlehem.

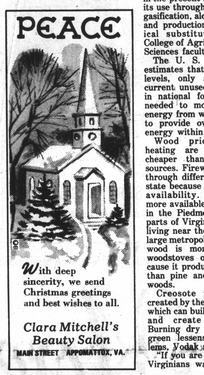
At the Christmas season, what is keeping you from Bethlehem? How far is it from your heart? Have you taken the time to look around you lately? There are so many needs...not just people needing clothing or food, but lonely people, depressed people; people, who for one reason or another, could use a smile and a friendly hand. If you ignore these needs, then you are ignoring Christ on his birthday.

Won't you take the time to reach out, in the name of Christ, to someone at this Christmas season. It's really not so far to Bethlehem once the road is cleared of all the obstacles, is it? What is keeping you from Christ?

MAY THIS CHRISTMAS BE THE HAPPIEST EVER AND MAY YOUR NEW YEAR BE BRIGHT!

OFFICE SUPPLIES: Rubber Stamps, Stamp Pads, Rubber Bands, File Folders and all other office supplies.

TIMES-VIRGINIAN
PHONE: 352-8215
Court St. Appomattox, Va.



With deep sincerity, we send Christmas greetings and best wishes to all.

Clara Mitchell's Beauty Salon
MAIN STREET APPOMATTOX, VA.

Where To Buy Firewood

Blacksburg–Is there a wood stove in your future? There may well be, as the nation takes a giant step backward in its approach to its energy problems.

Wood and coal loom more importantly now than in the recent past as the United States gropes for solutions to its energy bind. But, you may ask, "Do we have enough wood and where is it?"

"We are fortunate in Virginia that 64 percent of the Old Dominion's land mass is forested," said Mark C. Vodak, Extension forestry specialist at Virginia Tech. "Much of this land could benefit from better silvicultural practices and, in the process, produce much wood for energy production."

Virginia's forest resources have long been important to the state's wellbeing, but never more so than now, he emphasized.

While today an insignificant amount of energy is being produced from wood (1.1 quads of a national use of 76 quads; 1 quad = one million BTU's), there is the opportunity to increase this drastically.

Ways in which wood can help in the present situation include its use through direct burning, gasification, alcohol production, and production of petrochemical substitutes, the Tech College of Agriculture and Life Sciences faculty member said.

The U. S. Forest Service estimates that at current use levels, only about half the current unused wood biomass in national forests would be needed to more than double energy from wood by 1985 and to provide over 5 quads of energy within ten years.

Wood prices for home heating are comparable or cheaper than other energy sources. Firewood prices vary through different parts of the state because of differences in availability. Hardwoods are more available to people living in the Piedmont and western parts of Virginia than to those living near the coast or in the large metropolitan areas. Hardwood is more desirable for woodstoves or fireplaces because it produces less creosote than pine and other resinous woods.

Creosote is a substance created by the burning process, which can build up in chimneys and create fire hazards. Burning dry wood instead of green lessens croesote problems, Vodak said.

"If you are one of the many Virginians wanting to reduce their energy bills, and at the same time contribute towards lowering the nation's dependence on imported fuels, you may already be heating with wood, or seriously considering doing so.

"But, you might wonder, just where and how do I get this wood, especially the more desirable hardwood species, to feed my stove all winter?"

Private forest landowners, as well as industrial forest landowners, are always possibilities, and it never hurts to contact them. Similarly, many private individuals advertise firewood supplies in local newspapers. Also, the county Extension agent may know farm woodland owners who are clearing their lands. Consulting foresters, too, may know where and from whom firewood may be obtained after recent harvesting operations.

Other sources may be the Virginia Highway Department (from areas where highways are going to be built) and local building contractors.

Vodak said the following are probably the best bets:

1. The Virginia Department of Agriculture and Consumer Services, 203 N. Governor St., Richmond, Va. 23219. Telephone 804/786-3951. It has compiled and is distributing a statewide directory of where firewood can be obtained. Copies are free for the asking.

2. The Virginia Division of Forestry. The Appomattox-Buckingham, Cumberland, Pocahontas, Prince Edward-Galion, Paul and Whitney. State Forests all have wood available. Contact the ranger, district forester, or chief forest warden in your area for information and procedures.

3. The United States Forest Service. Both George Washington and the Thomas Jefferson national forests issue permits for cutting firewood. These permits are "free use" permits, and are of two types: for "dead and down" wood, and for "green" wood. The former may be obtained by calling the district office or by mail; the latter by stopping by the office in person. Many districts also have timber sales by a sealed-bid process for those interested. Contact your district forester for specific details on firewood availability and procedures in the district closest you.

The county Extension agent or county forester can answer any questions you might have about buying firewood.

Buy your office supplies at Times-Virginian Court Street, Appomattox, Va. Phone 352-8215
File Cabinets
Office Lamps, Clocks
Duplicator Supplies
Desk Accessories by Eldon.
Sterling & Rubbermaid Staplers & Staplers
Stamp Pads & Ink
Tape & Tape Dispensers
Hon Office Furniture

It is a sincere pleasure to serve you and we value your friendship, confidence and loyalty for over thirty years.

May the coming year be a most Happy and Healthful one for you and your family.

ALL THE STAFF AT WTTX

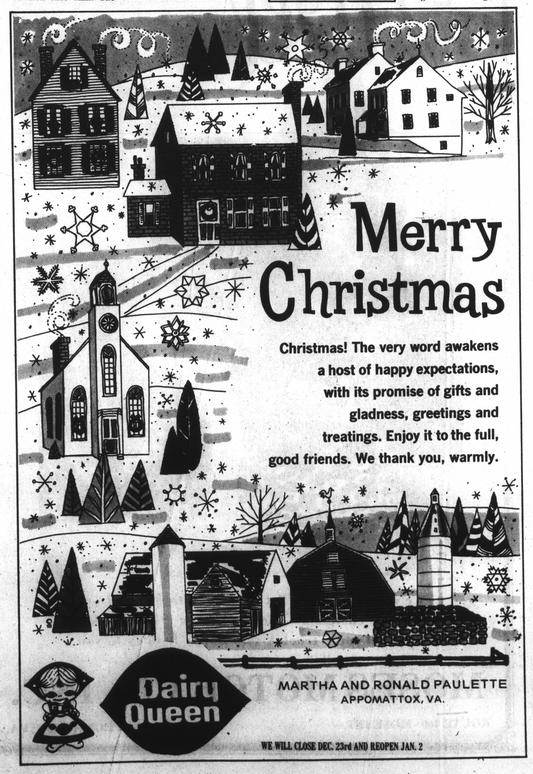
Jody Rainwater
Uncle Joe Johnson
Margaret Harris
Tony Clifton
Bessie Motley
And Others

Garland, Mildred and Garlene

GAINES' JEWELERS

APPOMATTOX, VA.

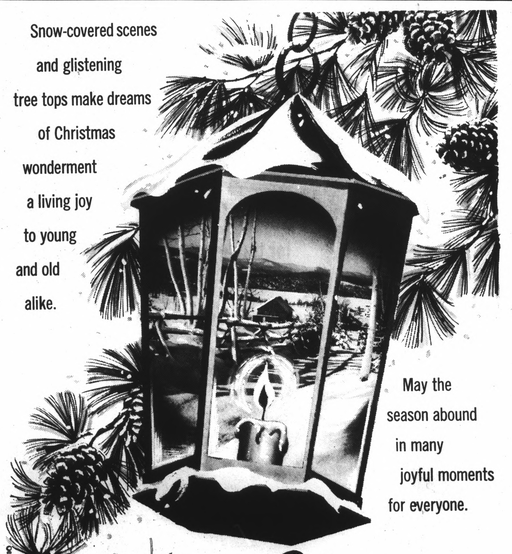
Silver bells and snowflakes . . . Christmas has arrived! Hope the season finds you cheery and content, surrounded by friends and family!



MARTHA AND RONALD PAULETTE
APPOMATTOX, VA.

WE WILL CLOSE DEC. 23rd AND REOPEN JAN. 2

Snow-covered scenes and glistening tree tops make dreams of Christmas wonderment a living joy to young and old alike.



May the season abound in many joyful moments for everyone.

Merry Christmas

Appomattox Post Office
Postmaster - Ora S. McCoy

Virginia G. Doss, Betty R. Gallier, Andrew Spencer, R. Wayne Lee, W. Twyman Coleman, Billy E. Sperry, Dillard Franklin, H. W. (Billy) Conner, W. H. (Bill) Williamson, Norman W. Campbell, Debra Washburn, Virginia Whitted and Toni Keys.

DEC